## **BEGINNING BIKING**

- 1. Know how to ride a bike without training wheels.
- 2. Be able to ride three blocks in your neighborhood.
- 3. Know three biking safety rules.
- 4. Color a picture of a bicycle and be able to identify the following:
  - a. handlebars
  - b. chain and guard
  - c. spokes
  - d. seat
  - e. main frame
- 5. How are tires pumped up?

## Answer for #3:

- a. Never ride out into the street without looking.
- b. Never ride anyone on the bike with you.
- c. Ride with both hands on handlebars.
- d. Be careful not to ride into someone walking on road or into another cyclist.
- e. Always use a biking helmet.

